

## Senior Lunch Social May Menu



SENIOR LUNCH SOCIAL  
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES  
INTERGENERATIONAL GARDEN

**Time:** 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

**Eligibility:** One free meal a week for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

**Reserve your meal:** Call or e-mail us at (512) 974-1700 or [rani.arni@austintexas.gov](mailto:rani.arni@austintexas.gov) 7 days in advance during business hours. \*Vegetarian meals available by request.

Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

**First time participants:** Please call 512-974-1700 to register for program.

<p><b>Tuesday, May 5</b></p> <p>Chicken Ga Ri Vermicelli Noodle Bowl, Salad &amp; Mixed Fresh Herbs, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Tofu Ga Ri Vermicelli Noodle Bowl</p>	<p><b>Wednesday, May 6</b></p> <p>Cabbage Masala, Masoor Whole (Red Lentil Whole Soup), Roti, Shrikhand (Yogurt &amp; Saffron Dessert), Veg Pulao, Fresh Fruit</p>	<p><b>Thursday, May 7</b></p> <p>Steamed Ginger Tilapia, Baked Veggies, Steamed White Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Stir Fried Chick Peas with Mixed Veggies</p>
<p><b>Tuesday, May 12</b></p> <p>Braised Pork &amp; Egg (Chinese Style), Mixed Pickled Veggies, Brown Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Braised Tofu &amp; Eggplant</p>	<p><b>Wednesday, May 13</b></p> <p>Dal Makhani, Palak (Spinach) Paneer, Roti, Samosa, Plain Rice, Fresh Fruit</p>	<p><b>Thursday, May 14</b></p> <p>Vietnamese Beef Ragu, Steamed White Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Sesame Seitan and Mixed Veggies Stir Fry</p>
<p><b>Tuesday, May 19</b></p> <p><b>Asian Pacific American Heritage Lunch &amp; Talent Show</b></p> <p>We will be serving 100 meals. Please choose: Chinese Meal, Indian Meal, or Korean Meal</p>	<p><b>Wednesday, May 20</b></p> <p>Undhiyu (Mixed Vegetable Curry), Kadhi (Yogurt soup), Roti, Rice, Fresh Fruit</p>	<p><b>Thursday, May 21</b></p> <p>Chicken and Beef Meatball Udon Soup Bowl, Fresh Veggies &amp; Herbs, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Udon w/ Mixed Veggies Bowl</p>
<p><b>Tuesday, May 26</b></p> <p>Stuffed Bitter Melon w/ Pork, Steamed Veggies, Steamed White Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Pan Seared Eggplants &amp; Mixed Veggies</p>	<p><b>Wednesday, May 28</b></p> <p>Idlies (Rice &amp; Lentil Cake) Medu Wada (Lentil w/ Herb Balls), Sambhar (Yellow Lentil Soup), Cashew Burfi, Coconut Chutney, Fresh Fruit</p>	<p><b>Thursday, May 28</b></p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Organic Spring Mix Salad, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Lemongrass tofu vermicelli noodle bowl</p>

The City of Austin is proud to comply with the American Disabilities Act. If you require special assistance for participation in our programs or use of our facilities please call 512.974.1700.



## Schedule of Activities—May 2015

### Recreational & Intergenerational Community Education

**Ongoing:** 9:30AM-2PM Tea & Recreation Social—Join us for some free tea & coffee or come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, brain games, computer basics and help, etc. **Karaoke by request from 1-2pm.**

**Every Tuesday, Wednesday, Thursday**

10am-12pm Computer help / 電腦幫助 / 컴퓨터 도우미 / giúp máy tính

<p><b>Tuesday, May 5</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Fitness w/ Gongxian (Ballroom)</li> </ul>	<p><b>Wednesday, May 6</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Gentle Yoga w/ Navvaratri / 瑜伽 / 요가 (Ballroom)</li> </ul>	<p><b>Thursday, May 7</b></p> <ul style="list-style-type: none"> <li>10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)</li> </ul>
<p><b>Tuesday, May 12</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom)</li> <li>10-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)</li> </ul>	<p><b>Wednesday, May 13</b></p> <ul style="list-style-type: none"> <li></li> </ul>	<p><b>Thursday, May 14</b></p> <ul style="list-style-type: none"> <li>Badminton</li> <li>1-2pm Karaoke (KTV) (Classroom 8)</li> </ul>
<p><b>Tuesday, May 19</b></p> <p><b>Asian Pacific American Heritage Lunch &amp; Talent Show</b></p> <ul style="list-style-type: none"> <li>12-1pm Lunch (Ballroom)</li> <li>1-2pm Senior Talent Show (Ballroom)</li> </ul>	<p><b>Wednesday, May 20</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Learn to Watch AARC International Channels! (Classroom 8)</li> <li>10:30-11:30am Gentle Yoga w/ Navvaratri / 瑜伽 / 요가 (Classroom 4)</li> </ul>	<p><b>Thursday, May 21</b></p> <ul style="list-style-type: none"> <li>10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)</li> <li>10-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)</li> </ul>
<p><b>Tuesday, May 26</b></p> <ul style="list-style-type: none"> <li>10:30-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom)</li> </ul>	<p><b>Wednesday, May 27</b></p> <ul style="list-style-type: none"> <li></li> </ul>	<p><b>Thursday, May 28</b></p> <ul style="list-style-type: none"> <li>1-2pm Karaoke (KTV) (Classroom 8)</li> </ul>

## Transportation Schedule—May 2015

Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**.

Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information.

Transportation participants must still follow guidelines for registering for Senior Lunch Social.

### Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

### Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

### Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

	<b>Tuesday, May 5**</b>	<b>Wednesday, May 6</b>	<b>Thursday, May 7</b>
<b>A</b>	Yaupon Evening Primrose	Pickfair Park Rustic Rock	Trailhead Park Rockwood
<b>B</b>	<b>Tuesday, May 12*</b> Pickfair Park Tree Bend & Grand Oak Rustic Rock	<b>Wednesday, May 13</b> Yaupon Evening Primrose	<b>Thursday, May 14</b> Trailhead Park Rockwood
<b>A</b>	<b>Tuesday, May 19**</b> Yaupon Evening Primrose	<b>Wednesday, May 20</b> Pickfair Park Tree Bend & Grand Oak	<b>Thursday, May 21</b> Trailhead Park Rockwood
<b>B</b>	<b>Tuesday, May 26*</b> Pickfair Park Rustic Rock	<b>Wednesday, May 27</b> Yaupon Evening Primrose	<b>Thursday, May 28</b> Trailhead Park Rockwood

**Stops Available by Request: \*Balcones Country Club, \*\*Hunters Chase**